



# Be Healthy: Employee Wellness QUIZ

**1. Excessive amounts of stress can cause which of the following:**

- a. Job burnout
- b. Anxiety
- c. Insomnia
- d. Frequent illnesses
- e. All the above

**2. Studies show that exercising for 30 minutes a day reduces stress.**

- a. True
- b. False

**3. Organizations can help create a less stressful environment by applying which of the following practices:**

- a. Allowing workers to have some control over their schedules
- b. Setting reasonable limits and timelines
- c. Including the employees input in decision making
- d. Remembering to recognize a job well done
- e. A, B and C
- f. All the above

**4. Employees can better manage workplace stress by:**

- a. Getting a good night sleep
- b. Eating a balanced and nutritious diet
- c. Volunteering time and services
- d. Talking to the appropriate people about what is causing the stress
- e. A, B and D
- f. All the above

**5. Which of the following will help you develop proper sleep habits?**

- a. Avoid caffeine, especially after lunch
- b. Go to bed at the same time every night
- c. Drink a large glass of water before bed
- d. Create a quiet and relaxing environment free from electronics and noise
- e. A, B, and D only
- f. All the above